

**HELP  
AGAINST  
HATE**

# COMMUNITY CONVERSATIONS

## **SOCIAL MEDIA AND ITS IMPACT ON MENTAL HEALTH**

led by **Westside Community Services Ajani  
Program Staff, Doug Ronning, LMFT;  
Marianna Gibbs and Kia Wallace**

**Weds. May 30 12:00pm 25 Van Ness Ave. Rm. 800**

Many researchers have found that the more time you spend on social media, the more likely you are to suffer from mental health issues. This is especially true for children and youth, however, prolonged and excessive use presents dangers that have become more evident in adults as well-Homewood Health. Join us for an engaging discussion and game on the different types of social media and their impact on mental health.

**Win a prize!** Bring a friend or two for your chance to win!

### **Westside Community Services Ajani Program**

provides outpatient mental health services to children, youth and their families, ages 5-21.



### COMMUNITY CONVERSATIONS

are meant to inspire courageous dialogue on issues of equity and direct action, in a healing space made for community to express love and provide help against hate.

For more information, visit [sf-hrc.org/community](http://sf-hrc.org/community) or contact the San Francisco Human Rights Commission:  
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